



Nothing beats a chronic health condition like self-management

Whatever health issue you're facing, it's time to take charge and enjoy a better quality of life.

Healthy Living is a fun, interactive six week workshop to help you:

- Manage pain & fatigue
- Lessen depression & frustration
- Increase fitness & self-confidence



Discover you can control your health & your life!

Workshop is conveniently located in Bountiful, Clearfield & Kaysville.
Beginning February 5 & 6

To register for a **FREE** **Healthy Living** workshop near you,
call: (801) 451-3515
Presented by Davis County